

FITNESS

How active do adults need to be to gain some benefit?

Physical activity does not need to be hard to provide some benefit. Participating in moderate-intensity physical activity is a vital component of a healthy lifestyle for people of all ages and abilities. There is no demographic or social group in America that could not benefit from becoming more active.

The table below provides recommendations on how to increase your physical activity based on your current activity level. Check it out to see where you are and how you can challenge yourself.

If...	Then...
You do not currently engage in regular physical activity.	Begin by incorporating a few minutes of physical activity into each day, gradually building up to 30 minutes or more of moderate-intensity activities.
You are now active, but at less than the recommended levels.	Strive to adopt more consistent activity: <ul style="list-style-type: none">• moderate-intensity physical activity for 30 minutes or more on 5 or more days of the week, or• vigorous-intensity physical activity for 20 minutes or more on 3 or more days of the week.
You currently engage in moderate-intensity activities for at least 30 minutes on 5 or more days of the week.	Achieve even greater health benefits by increasing the time spent or intensity of those activities.
You currently regularly engage in vigorous-intensity activities 20 minutes or more on 3 or more days of the week.	You should continue to do so.

Source: Centers for Disease Control and Prevention

